NIAGARA COLLEGE
of Applied Arts and Technology
WELLAND CAMPUS
LEARNING
RESOURCE CENTRE

NIAGARA NEWS

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Niagara, Ryerson sign agreement

Niagara College and Ryerson Polytechnical Institute, Toronto, signed an agreement enabling graduates of a college diploma program in social work to work toward a university degree in that discipline. Graduates of a college social work program will be eligible to enter the second year of the university program after completing the first two courses with a minimum C-plus average.

Goldie Hill, social services program co-ordinator said she is pleased with the results of the many hours of negotiations. The course will be offered on a first-come, first-serve basis.

"We are basically responding to the needs of the community," Mrs. Hill said."The need was there so we did something about it. It started with us meeting the needs of the community and graduates and ended with an agreement between Ryerson and Niagara College."

Registration forms are available from Continuing Education at Niagara College.

Nominations in for Board

Nominations are in for student and support staff positions on the Board of Governors.

Nominated students are Cory Abt, business administration — marketing; Donna Barrett, business administration — human resources management and Ralph Martin, social service worker.

Duncan MacDuff, Ontario skills development office and Ron Mottola, business division, are the support staff nominees.

Campaigning runs until Nov. 28.

Voting will be held Nov. 29, 10 a.m. to noon and 1-3 p.m.

An advance poll will be held Monday, Nov. 26, from 11 a.m. to 1 p.m.

Hans van der Slagt, interim director and vice-president of academics at Niagara College, shakes hands with Dr. Miklos Palos, deputy prime minister of Hungary, on Nov. 6 in Welland. Otto Urbanovics, college board member, looks on. The deputy prime minister happened to be passing through Welland on a North American visit just after Hungary had indicated an interest in the English as a Second Language and business curricula at the college.

Photo by George Blazetich

College tries to establish Hungarian ESL connection

By CATHERINE DENISON
Staff Writer

George Blazetich, Niagara College English instructor, has a relative highly placed in the Hungarian government. This connection led to a meeting between Hans van der Slagt, vice-president of academics; Otto Urbanovics, college board member, and Dr. Miklos Palos, deputy prime minister of Hungary, in Welland Nov. 6, a meeting that will likely draw Hungarian students to the English as a Second Language program in the college's new Centre for Language Studies.

Mr. Blazetich contacted his relative, Dr. Arpad Orosz, in July to ask if Niagara College could be of service, he said.

"With the virtual demise of communism and with the fact that English is the foremost international language, something was going to have to happen in terms of our service to the East," Mr. Blazetich said.

On behalf of government and academic officials, Dr. Orosz sent a letter in August expressing great interest, particularly in English and business curricula for students who would come here to study.

John Saso, college president, wrote promptly stating the college was interested in this potential connection.

"Shortly after that, it turned out that the deputy prime minister of Hungary happened to be passing through this area on a North American visit," Mr. Blazetich said.

A meeting between Mr. van der Slagt, Mr. Urbanovics and the deputy prime minister was arranged.

"(During the meeting), I indicated our willingness as a college to assist other institutions of higher learning," Mr. van der Slagt said.

The deputy prime minister indicated through an interpreter this was the right time for this kind of assistance to come to his country, he said.

Hungary is decentralizing its economy and is seeking ways to introduce entrepreneurship, Mr. van der Slagt said.

"In the best case scenario, Hungary would send us students to be trained in our Centre for Language Studies in English as a Second Language," Mr. Blazetich said.

Students would possibly continue to study business administration and other programs, he said.

The Hungarian community in Welland, a well-established and prosperous group, is willing to support this kind of venture by billeting students and providing scholarships, Mr. Blazetich said.

Students to sit on committee

A College Council recommendation, to allow students to sit on the appeals committee, was approved at the Nov.13 meeting.

If accepted by the president, two students will be selected from class representatives lists to sit on the rotating membership committee.

The committee consists of the registrar, the director responsible for the course in which the mark is being appealed, a second administrator from the school, two faculty members and a member of the counselling staff.

Students may appeal any final grade within 15 days after the grade is issued. Appeal forms are available in the registrar's office. $25 must be submitted with each written request. A refund is issued if an upward grade revision is made.

The course teacher and the student will be requested to present evidence to the committee. Witnesses and legal counsel are permitted to accompany both parties, but the registrar's office must be notified in advance of such intentions.

The student will be contacted as soon as the committee has reached a majority decision.

Candlelight memorial

A memorial candlelight vigil will be held Dec. 6 at 7 p.m., at the Coronation Centre in Niagara Falls to commemorate 14 women killed at a Quebec university last year.

The vigil will be sponsored by the Social Justice Committee of Niagara Falls, Barb Morellato, a founding member of the feminist group, said.

"We want to commemorate the memory of those women who were massacred."

The 14 women were students at the University of Montreal Ecole Polytechnique. They, and 13 other people, were shot by 25-year-old Marc Lepine before he turned his semi-automatic rifle on himself.

The theme of the vigil will be Women Remembering Women. Deanna Barrow, a professional engineer with the Regional Municipality of Niagara, will speak on her experiences as a woman in a male-dominated field. Entertainment will be provided by June McBride, a former singer studying for her BA in Women's Studies at Brock.

Anyone is welcome to join the vigil. "I'm sure other feminist groups across the country will be doing something," Mrs. Morellato said.

First Legion award to law, security student

A law and security student is the first recipient of the Royal Canadian Legion Politics Scholarship Award.

Raymond Linton, 22, of St. Catharines, received the $200 cash award at a ceremony held during the college summer break. He became eligible with a 91 per cent average in two politics courses.

Ray said the money, with a $300 Ontario and Quebec Paper Mill scholarship he received as the top law and security first-year student, helped to cover half this year's tuition.

"At first, I had no interest (in politics)," the second-year student said. With time, it grew interesting. He attributed the change in attitude to Niagara College politics instructor Eugene Maltais.

"He made it really interesting," Ray said. "He was really thorough. He is just a great teacher," Mr. Maltais has a great sense of humor and his method of teaching helps students to become more focused, he said. To succeed, he emphasized students must attend classes. "Then, just go home and study."

However, Ray has no plans to pursue a law career; he is more interested in enforcement. "I want to be a police officer." He does not see his excellent performance in politics as being wasted. "If you understand how government works, the same rules apply. There is politics everywhere: in school and all around the country."

He is one of 14 law and security students on co-op placement with the Niagara Regional Police. "It's an eye-opener." "You have an idea of what they do. You get into a cruiser then you see exactly what they do during the day."

Mr. Maltais said Ray is deserving of the award. Ray is from a class with a 60 per cent average and was competing against 200 students.

"There were many other students who came close to winning," Mr. Maltais said.

The scholarship is open to Niagara College students. To be eligible, students should have completed two politics courses in their first year. The student with the highest average over two terms wins the award.

This is the first year for the Royal Canadian Legion Award. Mr. Maltais said it took three years to acquire a permanent sponsor. "I think they are a good sponsor," he said. "The association between the Legion and politics is a good one."

Inside the News

Ecuador

Nursing in Ecuador was an adventure for Eleanor Snider. See page 6.

Sports

Knights win two volleyball games. Hockey team aims for title again. See page 11.

Gay Morrison and John Hutton, both first-year students at the Horticulture Centre, are spacing poinsettias on benches to allow for more growing room as the plants become fuller. Poinsettias in pink, red, or white will go on sale at all campuses of Niagara College at the end of November. Posters will be circulated to indicate the exact dates. Photo by Catherine Denison

At all campuses

Hort Centre to sell poinsettias

What better way to usher in the Christmas season than to adorn homes with poinsettias in rich red, soft pink or snowy white.

The Horticultural Centre will sell poinsettias at all Niagara College campuses during the last week in November.

Posters will be circulated to each campus advertising the mornings or afternoons of the sales.

Poinsettias will be available in six-inch pots, four-inch pots (coffee table size), 10-inch pots and combination pots of red poinsettias surrounded by white mums.

GOOD PRICES

Prices will be less than those charged at florists and will be set just slightly above wholesale cost, Jim Thomson, technician in charge of greenhouses and grounds, said.

The centre generated $4,000 in poinsettia sales last year. The money is returned to the horticultural technician program to buy plant materials and hardware.

"We have the best crop we've had in years," Mr. Thomson said. "We're very pleased with them."

He attributed this to growing the poinsettias in glass houses as opposed to plastic houses. This allows for better light levels.

The centre started growing the poinsettias on Aug. 15, after purchasing cuttings from local greenhouses.

Students are involved with watering, fertilizing, lighting and spraying — all the processes which produce a saleable plant.

Technical expertise key to China trip

In a technological and cultural exchange, John and Larry Clark, two Niagara College instructors, are participating in a program at Changsha University, Hunan province, People's Republic of China.

The two left Nov. 5 on a six week visit, carrying with them state-of-the-art equipment called a program logic controller, about the size of a computer keyboard. Its purpose is to control computer program mechanisms and aid in electro mechanical programming.

Larry Clark, technologist in robotics, manufacturing and trade; and John Clark, co-ordinator of Niagara's computer engineering technology program; were chosen to lend their expertise in this on-going exchange of ideas.

The two men, despite similar last names are not related, have been invited to meet the staff and students of Changsha Vocational University to do "some lecturing, help them establish new courses and meet local industry," John Clark said.

"The Chinese have very good technology, but are lacking in some methods of application," Larry Clark said. He added "we've got what they want, but we have to be prepared to be flexible."

A twinning accord, between Niagara and Changsha University, has existed for six years. Last month, five delegates from the Hunan Provincial Educational Committee toured the Welland campus and the Hospitality and Tourism Centre in Niagara Falls.

The two instructors will be reacquainted with Long Yuxian, commissioner of the HPEC and head of the visiting Chinese delegation.

The pair said they were "excited, a bit nervous and really looking forward to it."

An interpreter will bridge the language difficulties. However, the two men have left nothing to chance. They've taken a crash course in simple Mandarin, the language of mainland China. "We're learning how to say please and thank you," both men laughed.

PITCH IN

Mack receives facelift

The student lounge at Mack campus will receive a long overdue facelift in the near future, Donna Cunningham, director of nursing, said.

Fabric samples are being examined and a decision will be made shortly. Miss Cunningham said she was unsure how long the couches and chairs have been in the lounge.

"I think the funiture is circa 1960."

Classifieds

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Where does Santa shop?

Santa is shopping at the Fashion Club Boutique this year. Here he can find those silver hoop earrings for Sue, that tie dyed scarf for Joanne, ...that black hat for Robert and that winter jacket for Sara. Need I say more? There's a wide selection of earrings and other jewellery to choose from that make great stocking stuffers and, you'll even have a little money left over to buy yourself a present! Why not shop like Santa?

Fashion Club Boutique
New hours:
Mon., Wed. - Fri. 11:30 - 2:30
Tues. - 12:30 - 2:30
Merry Christmas!

I want a hug

Victoria Maugain, special needs co-ordinator, gets a hug from Willy the Hug Bear. Willy, the Addiction Research Foundation's mascot, visited the college Wednesday.
Photo by Robbie Craine

Ticket complaints will be heard

A Parking Appeals Committee has been established to hear parking ticket complaints.

"If someone feels that they've been unjustly penalized or they've got a parking violation they don't think they deserve, they can appeal it," Sandy Fox, committee chairman, said.

The committee will operate separately from the people currently responsible for the implementation of parking policy, Mrs. Fox said. It will consist of a student, Cory Abt; a faculty member, Ray Matthews; a support staff member, Ron Mottola; and a management representative, Mrs. Fox.

"The appeal must be submitted in writing stating all the pertinent details of the violation and why they feel they didn't deserve this ticket," she said. "The committee will review each decision and give their decision to the appellant in writing."

Even with the new committee, those who receive a ticket must still pay it. "The tickets are issued, they're through the city of Welland and cannot be rescinded. Once a ticket is written, it has to be paid through city hall," Mrs. Fox said.

"If there was a reason the student legitimately didn't deserve the ticket...the committee would have to review this." If the committee decides in favor of the appellant, the college will refund the money.

"I don't think that the committee needs the onerous task of reviewing appeals that have no merit," she said. "There are people who might park in a handicapped spot, they might park in a fire lane and these areas are clearly marked as prohibited and if people continue to do that they will be ticketed."

For those wanting to present their cases personally, they must include a request to do so in their written appeal. Letters appealing tickets should be addressed to Mrs. Fox, in H-7.

Page 3

Despite long line-ups, clinic misses goal

Close, but not close enough, could be said of last Thursday's Red Cross blood donor clinic. The clinic didn't reach its 300-pint goal, but did collect 270 pints of blood from a still excellent turnout of students.

"I was very pleased we got what we did...there was great student spirit," Jan Potton, psychology instructor at Niagara College, said. "I am disappointed we didn't get 300 pints, but we had great support from some programs including the Law and Security program, the Ambulance and Emergency Care program, the Dental Assistant program and the Health Records Technician program."

Mrs. Potton listed several reasons why the clinic did not reach its goal: a slow registration process resulted in long lines, two few number of bed and too few Red Cross workers.

The long line-ups, sometimes with a two-hour wait, deterred some students from donating. "It's a tragedy that we had to turn away so many people because of line-ups," Mrs. Potton said. The first donation of blood did not take place until 10:30 a.m.

The registration process was increasingly slowed by the fact that many students did not know that they had to have some form of identification with them to donate. "We had a lot of students leave because they didn't have any ID," Mrs. Potton said.

Jason Austen, Student Administrative Council's vice-president of external affairs and an organizer of the clinic, said about 100 students were turned away because of lack of identification and the long line-ups. "They didn't have the time to stay," he said. "If I had to wait two hours, next time I wouldn't come out." Jason said he did not find out about the required identification until a few days before the clinic and there was no time to inform students about it.

The line-ups caused problems for faculty and staff wanting to donate because they could not "afford two hours," Mrs. Potton said. She said she would like to see a separate line formed and "that will hopefully bring out more faculty."

Jason said a few more terminals, an extra nurse and an increase in the number of beds available would make the clinic run better. "We as a college had enough students running it, but the ladies (Red Cross workers) underestimated the number of students (donating)," he said.

Mrs. Potton said she appreciated the help of volunteers and donors. "I would like to say thank you to those who donated for the first time...and I hope it becomes a pattern."

"I felt that SAC did a wonderful job in organizing and worked well with the Red Cross in distributing donuts and drinks before and after and getting people into the clinic," Mrs. Potton said. SAC donated the donuts with the help of Robin's Donuts and the drinks with the help of McDonald's.

Included in Mrs. Potton's thanks are the Law and Security students who dressed up as dracula and the Corpsuckle Cuties and those who were part of the groups involved in putting up posters around campus, putting flyers on cars in the parking lots and cleaning them up afterward.

College honors Mayor, MPP for contributing to centre

Vince Kerrio, retired Niagara Falls MPP, and Niagara Falls Mayor Bill Smeaton were honored for their contributions to Niagara College at a testimonial dinner.

Both men were presented with plaques at the $100-a-plate dinner at the Victoria Park Restaurant, Niagara Falls, Nov. 16.

The evening's surprise was the naming of the Hospitality Tourism Centre's dining room after Mr. Kerrio.

Mr. Kerrio is recognized as the major force in getting $6 million for Niagara College from past Ontario treasurer Robert Nixon, Foster Zanutto director of marketing and information, said.

"The official sign will read V.G. Kerrio Dining Room and it should be up by the first of January," Mr. Zanutto said.

Mr. Kerrio and Mayor Smeaton spoke fondly of their working relationship with Niagara College. "I took the challenge and I saw dream [Hospitality Tourism Centre] that I wanted to fulfill," Mayor Smeaton said. "I will continue to commit myself to Niagara College, especially to the Hospitality Tourism Centre." The City of Niagara Falls donated all the land for the centre.

Mr. Kerrio said there is a "need to teach young people to be more competitive in a competitive world."

"I received a good feeling from my involvement with the Hospitality Centre."

The dinner was part of a $200,000 fundraising campaign to furnish and equip the centre. The money will be divided among the wine and mixology lab, lecture theatre and learning resource centre.

The goal must be reached by April 1, 1991. "Eighty-five people attended the dinner and an expected $4,500-$5,000 was raised towards the campaign," Mr. Zanutto said.

To date, $170,000 has been raised, but the campaign is $30,000 short of the goal. "Two special events along with contacts made at the dinner should see the college hit the mark," Mr. Zanutto said. "The Great Seafood Extravaganza will raise $10,000-$15,000 and an international culinary competition, sponsered by the Niagara Falls Bridge Commission, in the spring, will raise $5,000-$10,000."

Work centre Open House

The Welland Chapter of Youth and Community Employment Services will hold an Open House from 2-4 p.m. Nov.23.

This is the third office opened in the Niagara Region. The offices provide employment counselling for youths 15-24 years of age, free job search advice, career planning and resume preparation.

Sugar daddy doesn't show with $$$

Guess who didn't come to dinner?

An unknown Niagara Falls donor was to make a contribution at a testimonial dinner for Vince Kerrio, retired Niagara Falls MPP and Niagara Falls Mayor Bill Smeaton, but was nowhere to be seen.

"We talked about the possibility of a major donor coming forth and finishing off the campaign for us but that did not happen," Foster Zanutto, director of marketing and information said.

Originally, the donor was to contribute a large sum of money ending the $200,000 campaign for the Hospitality and Tourism Centre. It was Mayor Smeaton who first indicated a Niagara Falls donor would make the campaign-ending donation.

"We are going to get there [campaign goal] or be very close even without a major donor," Mr. Zanutto said.

Xmas campaign

Don't be a Scrooge

The Continuing Education department's staff has found novel ways to bring "good cheer" into the lives of the needy this Christmas.

A Children's Christmas Fund Committee has been organized by Shirley Tomovic, Darcy Ewanchuck and Pat Knechtel. This committee is part of a year-round campaign dependent on social assistance to give food, toys and mittens to more than 12,000 children in Welland, St. Catharines, Niagara Falls and Fort Erie.

Darcy Ewanchuk, office administrator, is passionate about the fund drive. She applauded the Continuing Education staff's committment to a successful campaign, but would love more student involvement.

Two new programs are offered to encourage those with Christmas hearts.

A Canadian Tire Money collection box is set up in front of H-21A office to receive donations. Money collected will be used to purchase toys as Christmas presents in December.

The other program is called the 'Loonie Lottery', a 50/50 draw in place since Feb. 15. To enter simply print one's name on a Loonie Lottery form, attach a loonie (a $1 coin or $1 bill) and place both in a glass jar in front of H-21A. A name will be pulled from the jar every Thursday at 3 p.m. Half the funds will go to the person whose name is drawn, and half will go into a special Christmas Fund bank account used to buy food and gifts this Christmas. To date, $500 has been raised.

Although the reasons for the donations are serious in intent, Darcy said people can have fun participating. She is enthusiastic when she recalls last year's drive and looks forward to the good natured spirit between the various college departments. "It gets to be a little competitive."

Various organizations receiving the Children's Christmas Fund donations over the last few years include the Community Resource Action Centre, Welland; Christmas Basket Exchange program, Niagara Falls; Associated Services of St. Catharines and District, and Community Cupboard, Welland.

Editorials

Wants information - dishwasher or store ?

College administration wants student and faculty input on disposable waste.

Should the new student centre be equipped with disposable plates and cutlery? Or, should a dishwasher and storage space for kitchen utensils be installed? The latter would mean the omission of a new student store.

A decision must be made immediately as the student centre's walls are close to construction — time is running out.

Why is it even a topic of discussion? At a time when environmental awareness is becoming a way of life, Niagara should be setting a precedent within the community.

Does the college population want to be responsible for a legacy of waste? The choice is up to you.

Voice your opinions to the Student Administrative Council or to the top levels in college administration.

Student and staff: you have an important decision to make. An informed and educated proposal won't go unnoticed.

It's up to you.

Helen Parkinson

OSAP abuse
Students misuse grants

Student poverty does not seem evident in the halls of Niagara College.

New suede and leather coats are seen on the backs of many students, accompanied by new boots and personal cassette players. These owners of such lovely possessions are also busy planning their spring break trips to exotic destinations such as Cuba and Mexico. Yet how can these people afford such luxuries? There is an answer to all this — student loans and grants.

While many students work at jobs during the school year to barely make ends meet, those who have qualified for government assistance seem to be rolling in the bucks.

The purpose of government assistance for education is strictly that — education. It is not meant to provide a luxurious wardrobe, a powerful car stereo or a trip to the tropics. It is meant to assist in tuition fees, rent, food and books.

What these students may not realize is that their squandering of funds geared for educational purposes means another student was not given funding, and was not able to attend school. Think about it.

Joan Greaves

BULLPIT

Indoor addicts deny right of non-smokers

By ROBBIE CRAINE
Staff Writer

The plague has again hit the college — indoor smokers.

As the temperature outside drops, the smoke inside rises. Students huddle together in doorways, dragging the smoke into their lungs. If only the smoke would stay there.

The smoke does not stay in the doorways. The hallways smell of smoke. The hallways are dim from the smoke. One of the worst is the hallway of the Merritt building.

These smokers do have rights but they are infringing on the rights of the non-smokers of the college who choke and hack as they attempt to enter or leave the building. Neither are to blame for the college's no smoking rule. The rule has been made and those who choose to smoke must abide by that rule. Otherwise, they may find the college banning smoking on the property completely. What then?

Will these indoor smokers be willing to go onto the public property in front of the college for a cigarette? Will the smokers who smoke outdoors be willing to go there? And why should the outdoor smokers have to suffer because of the indoor smokers? If the college bans smoking on the property because of those who smoke indoors, is it fair that those who obey the rule and smoke outside should also be penalized?

The college funds will suffer because of indoor smokers as well. Many of these smokers keep the doors open, prepared to duck outside quickly when faculty members appear. The college will have to pay the bill to heat the outdoors.

If these smokers feel it is too cold outside, they should think about petitioning for a smokers' lounge. Many large institutions — including banks, offices and hospitals — have smoking lounges. The ventilation systems must be altered to meet certain standards but the complaining stops. Smokers stay in their designated area: happy, smoky, and warm.

Perhaps the college may be persuaded to look into this alternative. Until then, smokers will have to brave Old Man Winter.

SAC to hold debate, questions for politicians

Student Administrative Council will hold an informal debate and discussion on the Goods and Services Tax and its effects on students in the Hamilton Room at 12:30 p.m., Dec. 4.

A question and answer period will allow students to voice their concerns on the GST.

Guest speakers will include members from the three main political parties and a member from the business community.

CUSO provides expertise

Volunteers help Third World

You have something Third World nations need — experience.

For 30 years CUSO has been sending skilled Canadians to underdeveloped countries to help the native population become self-reliant.

CUSO, previously known as Canadian University Service Overseas, dropped the title's university affiliation in 1981 after the development role expanded.

"The average age of the applicants is 40 years old instead of university or college graduates," Anne Philpot, CUSO co-ordinator at the Hamilton office, said. Co-operants, Canadian volunteers, are required to have a university or college degree, trade papers or related skills and two years work experience. "There is no age requirement. However, the applicant must have the necessary education, experience and he/she must pass a medical exam," Mrs. Philpot said.

CUSO's work contract is normally two years in Africa, South East Asia, South Pacific, Latin and Central America and the Caribbean. "Co-operants are paid local wages by the host country ($5,000 to $8,000 Canadian per year) which may seem low by Canadian standards but the volunteers are able to maintain a middle class standard of living," Mrs. Philpot said. A cash benefit, totalling $7,000 Canadian over the two-year period, will be granted to the co-operant by CUSO.

CUSO provides accommodations, airfare to and from the country, four weeks' vacation plus local holidays, a settling-in allowance, orientation costs, language training and medical, dental and life insurance. "Married couples and families can also be placed by CUSO but the availability of basic services such as medical facilities, schools and housing must be taken into consideration; therefore, it takes longer to find suitable positions," Mrs. Philpot said.

New positions are always available. Experience relating to health, technical fields, business, agriculture and renewable resources, education, community development and trade is beneficial in helping the country complete projects and improve its infrastructure. "CUSO members work jointly with the local people to provide training and education," Mrs. Philpot said.

Job competence, interest in living in another culture, ability to get along with others, good health and a concern for development/underdevelopment are qualities of a successful CUSO candidate. "Many people join CUSO to travel, to experience a different culture and to apply their skills where they are needed," Mrs. Philpot said.

"In some situations the co-operants are required to learn the local language, in which case, training is provided by CUSO."

Application processing requires six months' time at the Ottawa *headquarters. Resumes are* assessed individually. Experienced candidates are informed of the job position(s) and are sent an application package. An interview is arranged at a local CUSO office. The final decision is made by CUSO field staff officers and the overseas employer.

"There are many briefings and consultations, along with a pre-orientation meeting with other candidates and returned CUSO co-operants, for those chosen to go overseas," Mrs. Philpot said. "CUSO will completely prepare the applicant before going to another country so that there are no suprises. This limits the number of people dropping out after the first several weeks."

For more information or to apply send a resume to, or contact, Anne Philpot, CUSO co-ordinator, Suite 504, 25 Hughson St. S., Hamilton, L8N 2A5 or phone (416) 528-4443 mornings.

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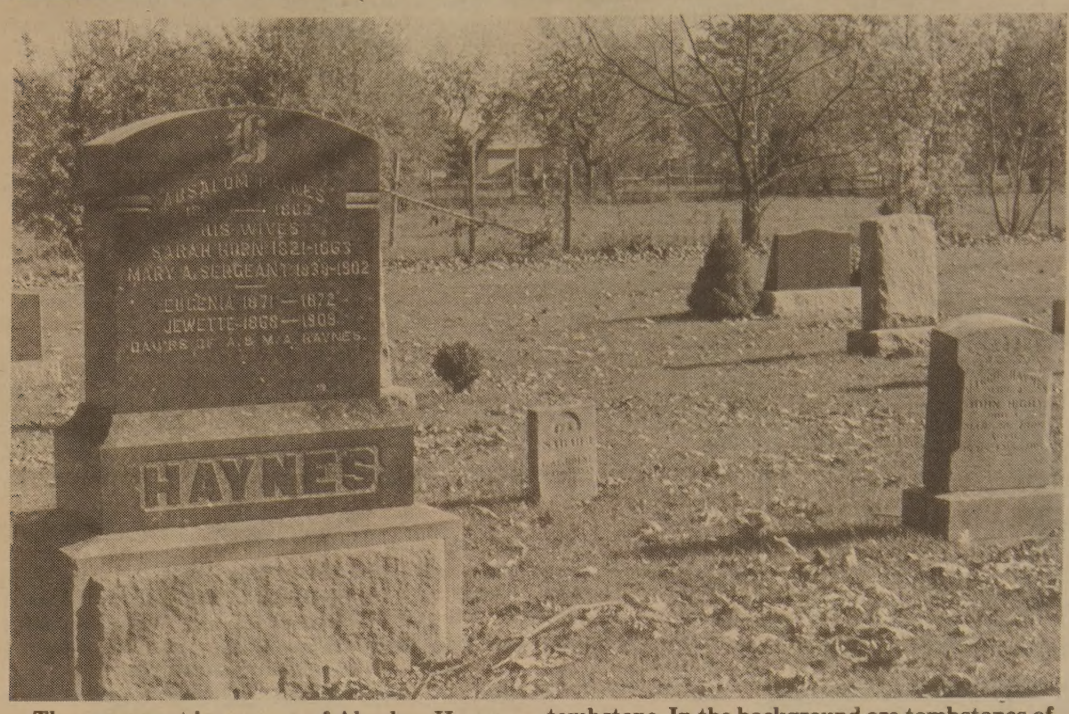
Focus



The monument in memory of Absalom Haynes and his wives stands in Louth United Church's cemetery on Third Avenue in St. Catharines. To the right of the monument is another Haynes' tombstone. In the background are tombstones of other old area families, many related to the Haynes by marriage.

Photo by Robbie Craine

History behind tombstones reveals interesting facts

By ROBBIE CRAINE
Staff Writer

Residents of west St. Catharines are used to seeing Thompson Products. It seems to have been there forever.

In a small corner of the Thompson property are the tombstones of seven people — mute testimony a family once lived there.

Adam Heins was the patriarch of the family. He was born in 1747 in Peaswick, in Manor Ranselaewych, Albany, N.Y. Later generations would change the surname to Hanes, Haines, Hains, and Haynes.

Adam was married Oct. 6, 1775. He chose Elizabeth Fraelick for his bride. Her surname was changed to Froelick, Froelich, Fraligh, and Fralick.

Adam fought with the British during the Revolutionary War. He was a member of Butler's Rangers. When the Rangers were disbanded, they were given land by King George III for their service. Adam received his grant in 1784. He went to his land, Concession 3, Lots 21 and 22, and slept in a hollow tree until he could get things ready to send for his family. They arrived in 1785.

Records at St. Catharines Centennial Library and the Jordan Historical Museum of the Twenty show disagreement as to the number of children Adam and Elizabeth had. Some versions say nine, some 10, and others 11. Whatever the number of children, records show more than 600 people trace their ancestry to Adam and Elizabeth.

The library's records come from cemetary records, church registries, land registries, and research done by Mrs. F. Vine, Jack Haynes, John W. Haynes, and Donna MacKie. Mr. Haynes and Mrs. MacKie identify themselves as descendants of Adam.

The researchers unearthed some unusual stories about the early generations. Peter Haynes was Adam's first child born in Canada. Upon his death, Peter willed his youngest son, Robert, to his oldest son, Absalom. To his third wife, Margaret House Horn Haynes, he left their daughter, Mary Augusta.

After Peter's death, Margaret married her third husband, a Mr. Fisher. Before she died, Margaret expressed a wish to be buried beside Peter. The first two wives were disinterred from their burial places and reburied at Margaret's feet. The stories call them "not handmaidens but footmaidens."

Peter, his wives, and dozens of other members of the Haynes family are buried at Louth United Church on Third Avenue. Peter's brother, Lewis, is buried beside the Jacob Fry House on property owned by the Jordan Historical Museum of the Twenty.

Joseph Brant

While Adam Haynes is not well-known in St. Catharines history, he did have one well-known friend. Stories are told that Joseph Brant and his Indians camped at the Haynes homestead when passing through the Niagara region.

Ray Milner is not one of Adam's descendants. He is a security guard at Thompson Products. In 1938, at the age of 16, Mr. Milner hitchhiked from the Ottawa Valley to St. Catharines. He was offered employment as a hired hand by Fredrick C. Haynes.

Fred Haynes was Adam's great-grandson. He was the fourth generation to live on the property.

Newspapers clippings from that time show Mr. Haynes was Lincoln County's warden. His wife, Laura Nixon Haynes, was an accomplished writer, having four books and numerous poems published before, and during, her marriage.

"They (were) the salt of the earth," Mr. Milner said of Fred and Laura.

Mr. Milner said Fred believed all the farm work could be done between 6 a.m. and 6 p.m. Any hand who could not get his work done was told to find something else.

"He was rough-spoken, but he had a heart of gold," Mr. Milner said.

Work on the Haynes farm consisted of milking cows, cleaning stables, pruning grapes, haying, and corn raising. Wednesday afternoons found the family on the front porch with the priests from St. Mary's Catholic Church and Christ Anglican Church, and a jug of homemade wine, Mr. Milner said.

Mr. Milner left the Haynes' employ in 1940 to join the army. The family sent him regular care packages, Mr. Milner said. He went on to work for Thompson Products. A 1956 newspaper clipping shows he was involved in contract negotiations with the company. Now he works security, protecting the land he once helped farm.

Mr. Haynes was responsible for the tombstones' configuration. Library records state the tombstones were behind the barn. The headstones stuck out of a manure pile "like toadstools", according to one version.

Mr. Haynes' executrix had the tombstones embedded in a monument. A large plaque emblazoned with the United Empire Loyalist insignia, pays homage to those buried there.

The embedded tombstones include those of Adam (1747-1814) and Elizabeth (1754-1837); their oldest son, Jacob (1777-1852); another relative, William (1813-1843, died of smallpox); their sixth son, John (1793-1856) and his wife, Nancy Price (1804-1861). A child named Barnabas (1823-1826) is also identified, but no records have been found to place him.

Search for ancestry fast growing hobby

Sleuthing one's family ancestry can be tedious and frustrating. The Ontario Genealogical Society may be able to help.

"It's one of the fastest growing hobbies in North America," Bill Stevens said. Genealogy is second only to stamp collecting as a hobby he said.

Mr. Stevens graduated from Niagara's construction technician program in 1970. While still here, he became interested in his family's roots. Today, he is the chairman of the Monument Inscription Program for the Niagara Peninsula Branch of the society.

Mr. Stevens said the growing interest in genealogy may have been prompted by programs such as "Roots." Membership has risen 10 per cent each year.

"If you know where you came from, you know where you're going," he said.

The society is a non-profit charitable organization founded in 1961. Members meet to trace their own family histories and exchange information with others. The Niagara Peninsula Branch received its charter in 1980. The society has more than 11,000 members; the Niagara branch has more than 500.

SEARCHING FOR ROOTS

The society does not research family trees. People must trace them themselves. Newcomers write down as much family history as they know. Then, they peruse the society's records. Census records, cemetery records, and church registries have been documented by various branches of the society.

Once the Niagara records have been exhausted, the searchers network with the 26 other society branches. Genealogical societies exist across Canada, in the U.S. and in Europe. In England, genealogical societies are known as Family History Societies.

In tracing his family, Mr. Stevens contacted one such society in Sussex, England. He said overseas searches have become easier. The Church of the Latter Day Saints in Salt Lake City, Utah, has English parish records on microfilm. For a small fee, copies of the microfilms can be sent to people tracing family histories.

The members of the society's Niagara branch range in age from teens to seniors.

"We have found a lot more people in the younger groups have become interested," Mr. Stevens said.

As the search progresses, some members discover they have common ancestors. Everyone discovers a famous ancestor. Almost all searches lead to other countries.

"North Americans should not be prejudiced.... We're a nation of immigrants," Mr. Stevens said.

The society also accumulates data that may help others trace roots. Mr. Stevens is chairman of a committee that records inscriptions on cemetery monuments. They have identified 238 burial places in the Niagara Region. All but 68 have been transcribed.

"We're trying to preserve human history," Mr. Stevens said.

He encourages everyone to leave a record of themselves for future generations. The well-known families of the past are well-known because their lives were documented. Diaries were left, reports were written, streets may have been named for them, or the original family building may still be standing. Mr. Stevens said people should leave diaries, video tapes, anything that will immortalize themselves for the future.

"In today's computer age, there should be no reason you can't leave a computer disk," he said.

The Niagara Peninsula Branch meets monthly on the second Thursday at the Fonthill Public Library. Meetings start at 7:30 p.m. Annual individual membership in the Niagara branch costs $10; for the society, $30.

For further information, send a self-addressed, stamped envelope to Ontario Genealogical Society, Niagara Peninsula Branch, Box 2224, Station "B", St. Catharines, Ontario L2M 6P6.

Brokering by colleges key to system's future

An audience of about 40 college administrators and students were told Ontario colleges should be rewarded for acting as brokers to each other.

Charles Pascal, chairman, Council of Regents, discussed the Vision 2000 report in the Hamilton Room, Welland campus, Nov. 15.

"Colleges should serve their local region and act as a broker for other colleges," Mr. Pascal said. "Colleges must be more reliant on each other for mixing and matching courses. There should be a mechanism for rewards for co-operation and partnership."

Mr. Pascal wants to see a system of partnership between colleges so students can move freely from college to college within Ontario.

"Territorial imperative must give way to partnership," Mr. Pascal said.

Mr. Pascal said it is important programs be broader and teach more generic skills.

"One of the reasons students don't stay in school is because they don't have the learning skills required to be successful. We need support and remedial programs to help these students."

Mr. Pascal believes in life-long learning and the equality of full and part-time students.

"Colleges generally are not responsive enough to part-time learners,"Mr. Pascal said. "There are far more part-time students in the labor market who are continuing to upgrade their skills throughout their lives."

Brian Green, Niagara College teacher, said he is supportive of the report.

He said teaching students a broader education would enable them to take more responsible positions in the workforce and would be a "huge step forward."

While Mr. Green supports the Vision 2000 report, he would like to see it applied in a broader perspective.

"The report only focuses in Ontario," Mr. Green said. "I would like to see a greater national and international thrust suited to international markets. It's extremely important if we don't want to be left behind."

Sabbatical aids sick, students

Imagine carrying a sick friend five miles through the mountains with hopes of a miracle healing from foreign doctors or going to class when the instructor has the only text. These are two of the situations Eleanor Snider, instructor, Niagara College, was exposed to during her sabbatical.

Mrs. Snider took a sabbatical from the college during the 1989-1990 school year to work in other areas of health care. She instructs in a variety of classes, including medical essentials, medical terminology and biology, and has been at the college since 1969. She attended the Mack Training School for Nursing and worked as a registered nurse before coming to the college.

Mrs. Snider's first tropical stop was the island of St. Vincent in the Carribean. She taught anatomy and physiology to 32 nursing students.

"I was the only one with a text. None of the students had one." After an expensive month living in a hotel, she was off to Ecuador, to a much different environment.

ELEANOR SNIDER

Christian group

Medical Group Missions is an organization that does not preach, but applies Christianity. This medical and dental group of 54 travelled to Ecuador at their own expense to give what they could to the people of this Third World country. They provided immediate medical care to 2,000 people over eight days in a place called Kahambamba.

The medical teams stayed in a government recreational camp where they paid room and board. The men and women had separate quarters; they slept on cots with sleeping bags. Everything was provided, including the clinics, trucks and meals.

Each morning the staff packed themselves on army jeeps with no seats.

Anyone over five feet had to crouch, as the tarp top on the jeep provided only that much clearance. Mrs. Snider spoke of her consternation the first day when she realized there was no way for her to pull herself up onto the jeep. An American surgeon put his hands out for her to step in and gave her a boost up. This teamwork was evident through the two weeks they spent together.

Successful clinic

The clinic Mrs. Snider worked in was so successful, crowd control was needed the second day. Limits of 350 to 400 people were set and proper lines were required before the clinic would open.

The patients learned of the clinic by word of mouth and through the mission churches. Each patient was given a small supply of vitamins.

Basic health instructions were given while the people waited to be seen by the doctors. Mrs. Snider said she saw extensive cases of scabies and undernourished children. Malnutrition and infant mortality are the two basic health problems in Ecuador. One patient had the worst case of arthritis she had seen, with bones constantly cracking. Cancer, leprosy and tuberculosis were common.

She said she would consider returning to Ecuador, but the exhorbitant air fares would make it difficult.

She beamed as she spoke of the sabbatical, and people in Ecuador would be fortunate if she did return.

OSAID needs help to spread message

The Niagara College chapter of Ontario Students Against Impaired Driving is seeking members to help to promote its message of "responsible drinking," Pat Pillion, OSAID president, said.

"We're looking for people who can draw up posters, write articles and broadcast messages across campus about OSAID," Pat said. "We want to let people know about the dangers of drinking and driving. We want to show what risks people are facing — death, injury and loss of friendship."

The society is a national group with hundreds of chapters across Canada. Its mandate is to reduce impaired driving among students through campaigning and education.

Pat, a 20-year-old law and security student, said OSAID does not want to preach about drinking and driving. "We want to educate people in order to prevent it."

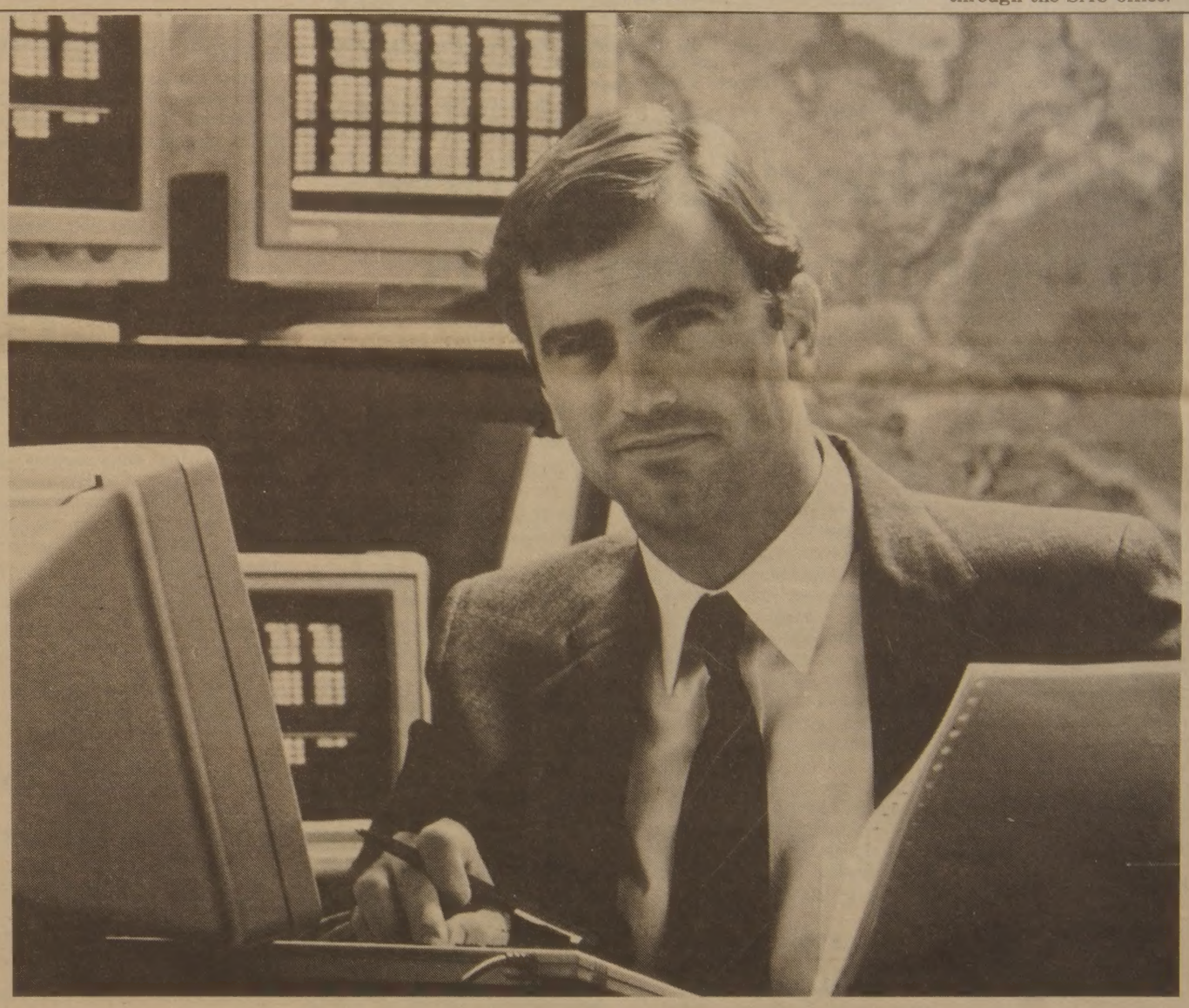
A conviction on a first offence of impaired driving could result in a minimum $300 fine and a three-month suspension. A second conviction may result in imprisonment up to five years and a six-month licence suspension. A third conviction may result in a five-year sentence and a licence suspension of one year. A 10-year prison sentence can be incurred if someone is injured because of an impaired driver; 14 years, if death results.

PLANS DISPLAY

Pat is planning a display in which a motorcycle or car wrecked in a drunk driving accident is used to illustrate the damage a drunk driver can do. But she needs help.

To date, OSAID has five members. To achieve results, they need more volunteers, Pat said.

Pat Pillion may be reached through the SAC office.



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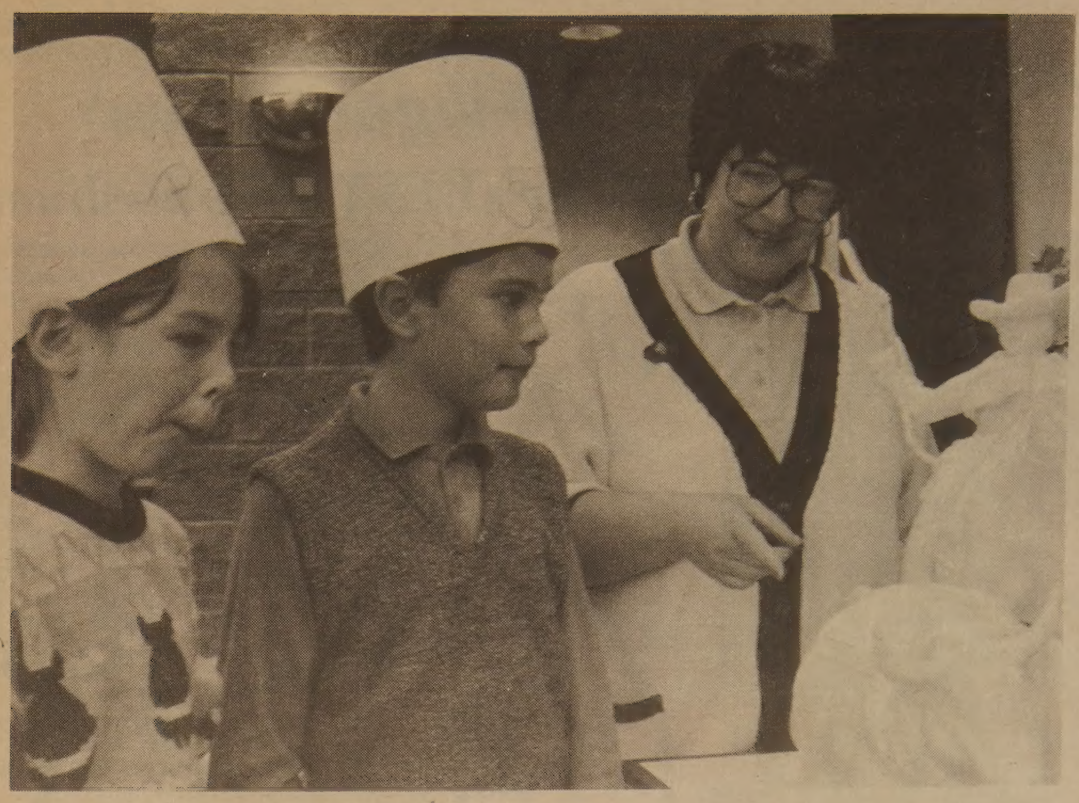

Looks good, smells good...

Grade 3 and 4 students from River View Elementary School in Chippawa visited the Hospitality and Tourism Centre, Nov. 20. Beverly Williams, secretary to the centre, shows Rachel Sabastian (left) and Sean Mooney a tallow sculpture. The students were given chef hats and shown through the head offices, computer rooms and the lecture theatre. Though cooking demonstrations served to introduce the children to French Cuisine they were happier to see the hotdogs and french fries prepared for their lunch.

Photo by Rich Douglas

'Hugs not drugs', says bear at college

Niagara College had a "bear-y" huggable visitor on Wednesday, Nov. 21, as part of National Drug Awareness Week.

Willie the Hug Bear, mascot for the Addiction Research Foundation (ARF), visited the Welland campus in search of "Hugs, not Drugs."

This year's Drug Awareness Week theme is "Believe in yourself, be drug-free," Carmela DiFlumeri, program consultant for the Niagara office of the ARF, said. The week runs till Nov. 24. This is the fifth year it has been celebrated in the Niagara Region, Ms. DiFlumeri said.

The official kick-off in the Region was held Monday, Nov. 19, in the council chambers at Regional Niagara headquarters. As in the past, Bill Craine gave the opening speech for Regional Chairman Wilbert Dick. Mr. Craine is the chairman of Regional Niagara's Employee Assistance Program, as well as a traffic investigator.

Other dignitaries gave speeches and the Rainbow Bunch performed. The Rainbow Bunch is a group of recovering addicts who use music to spread their message of faith and love, Ms. DiFlumeri said.

Local radio stations are promoting Drug Awareness Week with trivia contests throughout the week. Listeners are asked to answer true or false questions related to drugs, Ms. DiFlumeri said.

Other agencies, including hospitals and libraries, are holding their own events. Some of these were attended by Willie. ARF has displays at the Pen Centre in St. Catharines, Seaway Mall in Welland, and Niagara Square in Niagara Falls.

For more information on Drug Awareness Week, contact the ARF office at 1-416-685-1361 or Zenith-28200.

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Instructor wins coveted award

A Niagara College instructor has won the most coveted award in the Salon Culinaire culinary contest. An awards banquet was held Nov.12 at the Prince of Wales Hotel.

Chef Darrell Firby's wedding cake won for best overall entry and also won the category award for best cake.

"[I was] very,very suprised," Chef Firby said. "There were a lot of nice pieces there and I really didn't expect this. I kind of figured I had a small chance at one of the other smaller prizes, but this was absolutely a shock." He credited Niagara College for sending him to study wedding cake creation at the Wilton School in Chicago.

Chef Firby's winnings included a $1,400 set of knives for the overall award and another set of knives, valued at $150, for winning his catagory.

Ron Harvey, a second-year student in the apprentice cook program, won for best overall student with his dragon tallow sculpture.

The festive evening was attended by 96 people. Over 50 medals were presented to winning entrants. Winners were determined by a point system judging presentation, difficulty, composition and preparation of the display. The food was never tasted. Rather, this was a contest based on the food's appearance. Depending on the cumulative points, an entrant could possibly win a bronze, silver or gold medal. Chef Firby was recognized as having amassed the most points in his category as well as in the show.

"Nobody knew who won the category awards until that night," Chef David Gibson said. Chef Gibson, an instructor at the school, organized the event for the Professional Chefs Association of Niagara. "It was an excellent night...John Saso arrived and gave out all the gold medals and some of the category awards," he said.

Helping Chef Gibson were hotel and administration students, Christine Armisted, Laurie Totten, Barbara Stewart and Hala Abitarabay. "They were the ones who controlled all the medals, the certificates and awards [during the dinner]."

With the Salon Culinaire behind him, Chef Gibson can rest and begin planning his next event. In January he is the host for an international ice carving show.

Branch elections Dec. 6, growth brings donations

The 150 members of the Institute of Electrical and Electronic Engineers will elect a new branch executive Dec. 6. Posts include chairman, vice-chairman, secretary and treasurer.

"Any member of IEEE is eligible for the executive," Trevor said.

Nominations deadline is Dec. 1. Elections will be held between 12:30 p.m. and 1:30 p.m. in the McNaughton Centre.

The elected executive will nominate a new McNaughton representative and vice president.

A 45 per cent growth in student branch membership in the IEEE has brought new computer equipment from IEEE's head office in Toronto.

Trevor Burns, branch president, said, "Thanks to the head office for giving us the funding."

China mugs won over styrofoam cups as branch members joined the environmental drive. They have used only three cups since the second week this term.

"The idea was presented and everyone jumped on it," Trevor said.

IEEE members are also involved in recycling newspapers and fine paper.

Lucky branch members, one from each program year, received their Nov. 16 draw prizes at Destiny's in Welland.

First-year student Doug Wyatt won a power supply; second-year student, and McNaughton Centre representative, Joe Stafford, won his choice of textbook; third-year student, and publicity, communications chairman, Les Novak, won a gift certificate for dinner at St. Catharines' Phase One.

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This mom wears army boots, juggles home life, career , hobbies

Sitting on the floor playing with eight-month-old Owen, Kathleen Fullerton epitomizes a single mother in love with the trials and tribulations of family life; but, when duty calls, Kathleen dispatches transport vehicles for 200 men. Kathleen is in the Canadian Reserves.

Kathleen is a tall slender woman of 21, works at the Lake Street Armouries in St. Catharines. Her official post is infantry company transportation dispatch. She worries about the possibility of war, the future and her son.

Kathleen Fullerton and son, Owen, are enjoying play time at home. In half an hour, Kathleen will be behind her desk at the Lake Street Armouries dispatching transport vehicles for the 200 men and women she works with in the Militia.
Photo by Lorraine Gibbs

Worries

"If war arose, I would really get worried because they have already called the reserves in the United States (to the Persian Gulf). I would be left till last, but I've already signed up for voluntary service," Kathleen said.

"I wouldn't want to go to war," she said.

"I was uneasy during the Oka situation because I didn't like the idea of an armed confrontation within my own country. I didn't think it was great, but they had to go because they were called," Kathleen said.

Despite the threat of war, Kathleen has her daily job at the Armouries to concern her.

"I'm required to show up or the people don't get their vehicles," Kathleen said.

During Kathleen's pregnancy, she said the people who worked with her were supportive. "They kept the work down to the minimum," she said. "I wasn't doing the work I'm doing now."

"Friendships become really strong in the army," she said. "When I was three months pregnant, living in Gagetown, the people there threw a shower for me and brought gifts, even though they didn't really know me and I left the base shortly after."

Asked about the men with whom she works, Kathleen chuckled. "There are a mild few who are chauvinistic and sexist when it comes to work. There are girls who can and do do the same job as the men, but overall the men are picked to do the job first," she said. "It is changing slowly."

Training

Kathleen joined the Army in 1987 as an after-school activity. "It was something extra to keep me busy and I thought it would lead to a career," she said.

She went through a six month training program with sessions on Monday and Thursday nights and every other weekend at the Armouries. She then trained at Canadian Forces bases Borden and Meaford.

"Now they have a six month co-op program in military training that gives two high school credits," Kathleen said.

"Now that I know I like it, I'll make a career out of it," she said. "I plan on making it a permanent career."

Kathleen has a strong interest in photography. She studied for two years in high school, completing a co-op program in Grade 12. Afterward, she moved to Toronto and took photography at Humber College.

"I hope to do both the militia and photography," she said. "I would like to be a photographer for army publications. That's my main goal."

With war looming, Kathleen said she has to be prepared for anything especially who will take care of her son. If she did go to war, Owen would be cared for by a babysitter and her parents.

"My parents want me to do whatever makes me happy. They are supportive and they know that the Army has been good for me," Kathleen said. "But I still wouldn't want to go to war."

Soup's on

Mack campus has its mini-cafe.

The mini-cafe opened Nov. 5, Donna Cunningham, director of nursing said. Kavenaugh's, the catering firm hired, offered students free salad.

The mini-cafe is only open Mondays for now. Soup, salads and sandwiches are offered.

"The response seems to be very good," Miss Cunningham said.

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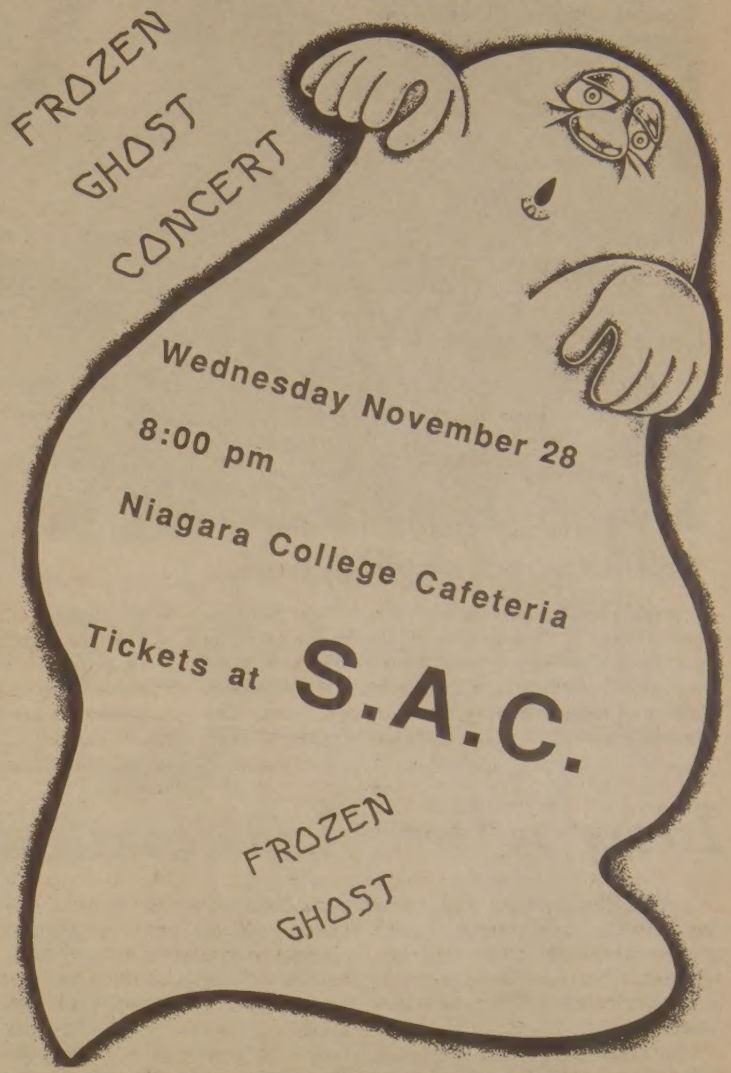

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In Walt's world

Living with Mickey and Minnie

By RICH DOUGLAS
Staff Writer

Dreams can come true; it can happen to you; especially, if you're Stacey Sherk. Stacey, a second-year tourism student, spent the first months of this year as part of the World Showcase Cultural Representative Program at EPCOT Centre.

For a short time, it was a small world after all, as Stacey represented Canada at the EPCOT World Showcase. With pavilions, restaurants and boutiques from countries such as China, France, Germany, Italy, Japan, Mexico and others, Stacey's world was centred on a few thousand acres in Florida.

As she related them, she laughed about her experiences in the Magic Kingdom. Obviously, Stacey had the time of her life.

As one of about 53 Canadians, Stacey worked from January to July at either the "Le Cellier" Canadian-style restaurant or the food cart outside the Canadian pavilion. She lived in the Vistaway complex with cultural representatives from the other host countries.

Working at Disney gave Stacey many new perspectives on the world. "The whole time I was there, there were five different nationalities (in the same apartment)." She shared her three bedroom apartment with representatives from Mexico, England, Norway, Italy and the United States. Stacey said the friends she made at EPCOT will be friends for life.

The good old days. Second-year tourism student, Stacey Sherk, remembers her six months at Disney World's EPCOT Centre in Orlando, Florida. As part of the World Showcase Cultural Representative Program, Stacey represented Canada at the Canadian Pavillion.

Photo by Rich Douglas

Languages

She learned several languages from her roommates, "because they're constantly talking the language in front of you," and she learned about American patriotism. "They're very, very proud. Even in the three o'clock parades(on Main Street, U.S.A.), they always salute America. They're very, very, Americianized."

As a member of the Canadian contingent, Stacey found herself in a unique position. "There was a lot of friction between the internationals (representatives from other than North America) and the Americans," she said. "We'd do everything for the other countries. When I first got there, we were the ones that planned the first party and got everybody talking and together."

As part of the Disney World College Program, Stacey would work her 30 hours per week and attend seminars designed to increase her knowledge of the hospitality field. "They tried to make them fun," she said. "It was a lot about Disney; it always related back to Disney no matter what you were doing."

The seminars covered such topics as marketing, sales and promotion. Stacey admitted that "you actually do learn a lot."

When working, Stacey became a goodwill ambassador for the country. As a cultural representative or "cast member," Stacey was expected to interact with the public. "As soon as people come through Disney, they're totally lost." She had to politely answer such questions as, "do you live in igloos?" or the ever popular "do you know how to drive a dog sled?"

She also saw the other side of perfection: behind the scenes at Disney. As part of the secret underground city beneath the park, she was privy to things other people never are.

"When you enter the tunnel that's under the Magic Kingdom it's a totally different world down there. You see costumed characters walking around with just their bottom halves on. The magic is sort of gone down there. A lot of people who are really 'Disnoids' come down there and it's sort of heartbreaking for them," she said.

Be careful when you wish upon a star because this other side of fantasy can take its toll. A lot of the cultural representatives don't last the full time of their contracts (usually from six months to the maximum of a year).

"There were a lot of people I knew (who didn't make it)," Stacey said. She cites homesickness, romantic problems arising from leaving boyfriends and girlfriends behind and the work. The job can become tedious she said. "The whole six months I was there, there was maybe two weeks I wasn't in the park."

After six months of sun and work it was time to come home. "The job was getting to me and homesickness."

In retrospect, Stacey wishes she had stayed on, but is sure that coming home was the right decision. Living at EPCOT was a dream come true, but even dreams must end.

Dreams can come true; it can happen to you; especially, if you're Stacey Sherk.

EPCOT seeks new recruits

Two Disney World representatives visited the Hospitality and Tourism Centre on Nov. 8 as part of a current recruiting drive for EPCOT Centre in Orlando, Florida.

They interviewed students for positions as World Showcase cultural representatives at the Canadian Pavilion in EPCOT. Students, who apply, must move to Orlando, and actually live in EPCOT, for a minimum of six months to a maximum of a year.

Niagara College has had a student cultural representative at EPCOT annually since 1983.

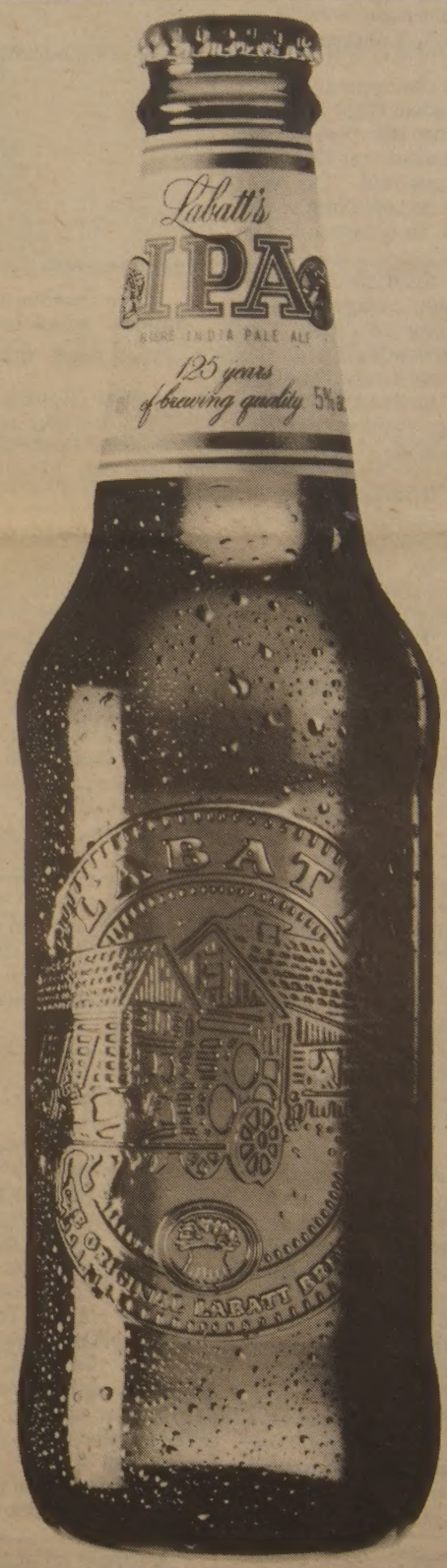
Students who apply, and are accepted, must then fit the "Disney appearance." Described by the representatives, the "Disney appearance" prohibits women from having dyed hair, from wearing too much makeup and from wearing too much jewelry. The prescribed look includes a maximum length for fingernails.

Men must be clean shaven with their hair at a certain length. Earrings are not allowed.

As Disney representative Sue Sharpe explained, employees, or cast members as Disney calls them, are part of a show and therefore must adhere to a prepared or scripted look. "No one thing can detract from the show," she said.

Students may also take part in the Disney World College Program, a series of seminars with group work activity designed to provide a greater insight to the hospitality field.

None of the chosen students will ever get rich — the top pay is $5.55 per hour — but none seem to mind. Being a cultural representative is a once-in-a-lifetime chance to work with people from foreign countries and to live, for a short time, in a magic kingdom.



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Student sculpts her body beautiful

By JENNIFER BARTKIW
Staff Writer

At five foot three inches tall, and 130 pounds Fiona Dunbar is a Canadian lightweight body building champion. She admits, however, that "most people don't know I'm a body builder and they don't believe me when I tell them."

The 22-year-old first-year nursing student at Niagara College took the Canadian Junior Women's Body Building Championship, for competitors to 21 years old, in 1988, at the age of 20. At the same competition in 1987, Fiona placed third and received advice that would help her win a year later.

"I went up to the judges and asked them what I could do to improve and told them I'm going to win this show next year," Fiona said. The lightweight level is for competitors 114 pounds and under.

"I also had the opportunity to enter the Canadian Body Building Championships this September but decided school was the main priority," Fiona said. "On Aug. 31, 1991 I will be travelling to Edmonton, Alta. to compete in the Canada's."

Fiona took third place at the Eastern Canada competition in Ottawa on June 16, 1990. "In 1989 I took second place at the Western Ontario Body Building Competition, third at the Ontario competition and third at the CNE show," Fiona said.

Fiona Dunbar strikes a pose. She is demonstrating a "lat spread," which is the flexing of the muscles along her sides.
Photo by Jennifer Bartkiw

Straining with effort, Fiona shows the determination vital to become a Canadian championship body builder.
Photo by Jennifer Bartkiw

PERSONAL GOALS

Fiona first competed at the age of 18 in the Hamilton Steel City Classic, in 1986. "I won second place and I was surprised with my results, winning over eight other competitors," Fiona said.

"One of my goals is to win the Canada's and to let people know I'm completely natural," Fiona said. Through body building Fiona sets personal goals. By attaining these she proves nothing is out of reach if one's sights are set on it.

"Originally I got into body building because I thought I could be good at it and I already had the muscle. I just didn't have the size," Fiona said.

"At first, I thought it was really gross and I didn't like it when women had veins showing in their arms," Fiona said. But, after working out for the six years, and competing for the last four, Fiona has overcome any distaste for the sport.

"Body building is both a lifestyle and a sport because it has the criteria of judging and the element of competition," Fiona said. "It is a subjective, not an objective, sport. Judges look for definition, a femine look with muscles (broad shoulders tapering down to a tiny waist with curvy thighs) and size."

"In body building there is a ratio of three men to every one woman," Fiona said. "The women body builders are a lot quieter and don't seem to advertise as much as the men. Women don't know how they're going to be accepted by the general public whereas, for men, it is very masculine to be big and strong."

SIDE EFFECTS OF STEROIDS

"It is more difficult for a woman to build muscle because she doesn't have the same levels of testosterone that men do naturally or the same shape or bone structure; this is why many women resort to using steroids," Fiona said. Side effects in men are less severe as their natural hormones are augmented. Women's hormonal balance has less testosterone. Consequently, the side effects for women are facial hair, a deep voice, severe acne and mood changes.

"At the national and international level competitions, steroids play a major role for the athletes. I believe that competitors should be tested for drugs off season; although many of the drug users know how to get through the system," Fiona said.

Fiona's routine consists of super sets — a process in which specific muscles are exercised repetitively on specific days. "I work out four or five times a week off season, and six or seven days a week in preparation for a competition," Fiona said. "I have a three day training routine where I work my hamstrings, quads and calfs on the first day; back, shoulders and abs on the second day; chest, triceps, biceps and calfs on the third day and the fourth day I rest." Year round training is tempered with days off to prevent burn out Fiona said.

"Three months before a competition I start to add a cardiovascular workout (step up machines and aerobics) to my regular workout in order to start losing fat and to see definition," Fiona said.

At the same time, she increases the carbohydrates in her diet, maintains the protein and cuts the fat. Burning more calories than she intakes, Fiona loses five pounds a month.

The final week before competition is spent decarbing (three days of eating only proteins) and carbing up (three days of eating only carbohydrates). "This process allows your muscles to get small and undefined because they're not full of water after eating proteins. By eating only carbohydrates your muscles will fill up larger than they were before and are now more defined," Fiona said.

"At the end of the process I have larger muscles then I normally do. It's a science," Fiona said.

A proper diet is also key to building muscles and mass. Fiona eats three or four eggs (but only one yolk), oats of cereal, a piece of fruit and tea for breakfast. Lunch consists of three or four sandwiches (tuna or egg), apple, orange, banana and diet pop, tea or milk. A normal dinner is baked potato or rice, chicken or fish, and broccoli, green beans or peas.

MISCONCEPTIONS

Fiona isn't fazed by many people's misconceptions about body builder's physiques. "For people who don't know anything about body building, and are quick to judge and say, 'that's disgusting,' I recommend that they go see a show and find out for themselves that the athletes aren't as large and grotesque as they think they are," Fiona said.

"It's not only body building but it's also body beauty and body sculpting," Fiona said. The key to being a successful body builder is one's genetic make up, a pleasing esthetic look, a nice curvy body, broad shoulders tapering down to a small waist, persistence, lots of rest and a desire to do well."

Fiona plans to become a nurse and work nights in a group home for the physically disabled. "I want to make it known that I'm completely natural. I would like to travel to different high schools and speak to the students who are the up and coming athletes and tell them to stay away from drugs and say that it can be done naturally," Fiona said. "The kids are the ones getting into drugs and it's more dangerous for them because their bodies haven't developed yet."

Santa arrives

St. Catharines campus will welcome Santa Claus Dec. 16 at its annual Christmas party.

Fred Carlton, student senate president, said the party will have about 300 guests from the Wellandvale and satellite campuses. The party is restricted tc students and staff in St. Catharines.

Party time is from 1-4 p.m.

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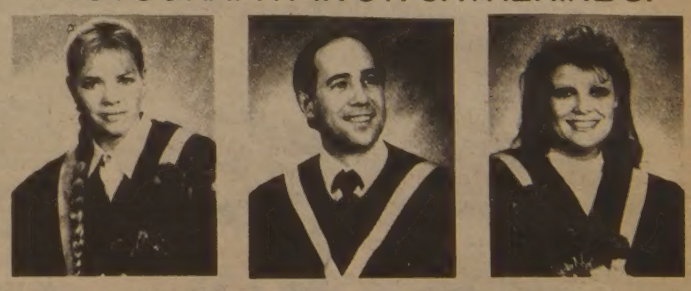

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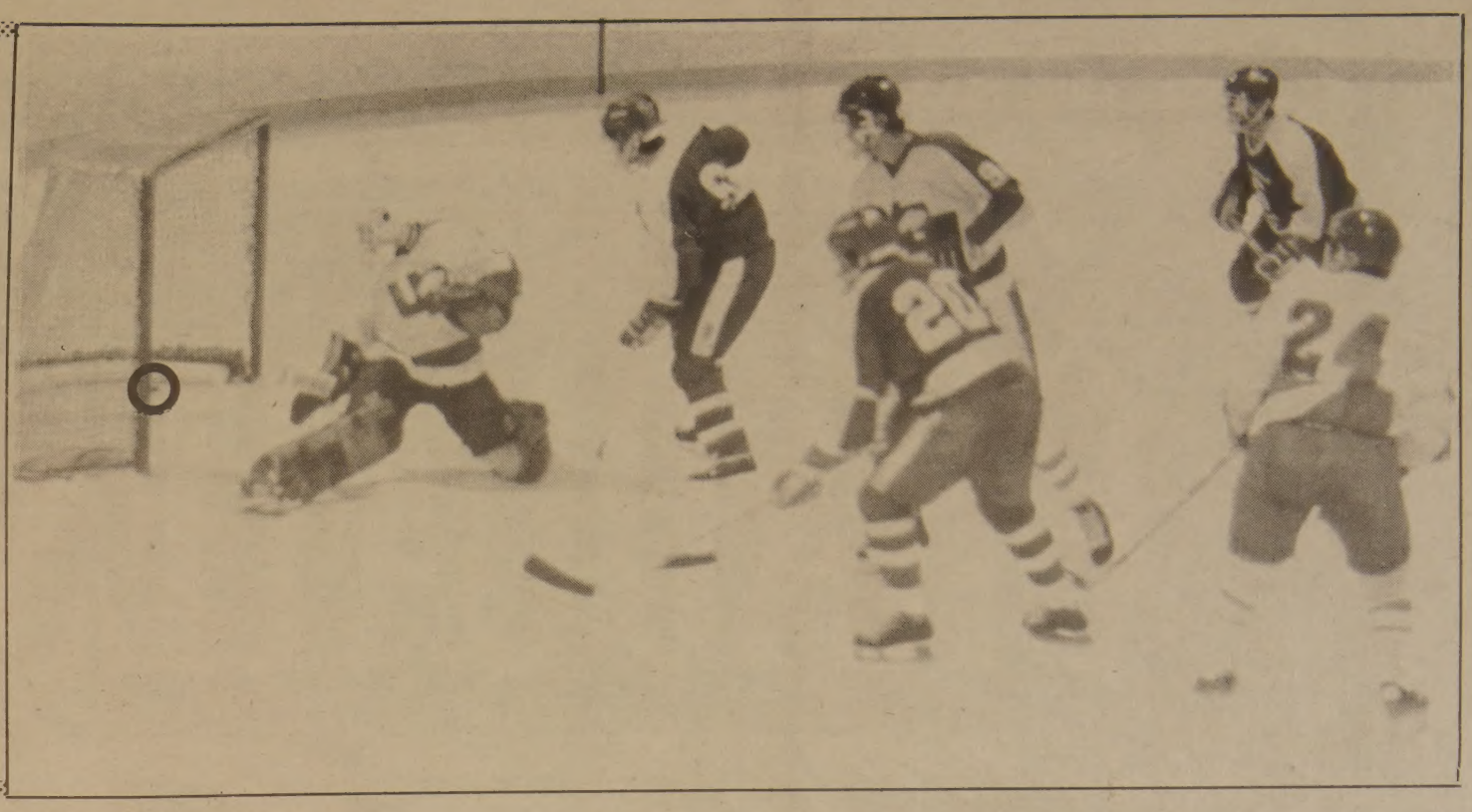
Knights devastate Buffalo



Where is the puck? The University of Buffalo goaltender makes a brilliant effort at a save only to be beaten by a strong Niagara frontline. The puck sits just inside the left goal post. The Knights will return to make it a 9-3 Niagara win.

Photo by Neville Lewis

Two wins for Knights keeps title shot alive

Back on the road again! Two resounding hockey victories last weekend have added new fire to the Knights' quest for another title shot.

When the Niagara Knights met the University of Buffalo at Wheatfield's Sabreland on Friday, nothing was left to chance in a game that was either do or die. The Niagara men were in splendid form and won the game 9-3. On Saturday, they played host to Buffalo State University. Again, it was the Niagara blue and white that prevailed 5-2.

Defence won the games. "We came out strong, we kept going at them. We controlled the game in the second and third (periods). We were taking to the body quite a lot. We forced them to cough up the puck," Mike Duerden, alternative defenceman, said after Friday's game. "If we continue to play like we did tonight, we should be up there (number one)."

PRAYERS ANSWERED

Finally, Coach Fred Bassi's prayers have been answered; players were doing exactly what they were asked to: take the opponent out to the sides when necessary, work together as a team, be aggressive and score goals.

These factors were lacking when they lost 5-1 to Conestoga in the season opener two weeks ago. Improvement was obvious a week later against Penn State Nittany Lion Icers. But the Icers were on a roll. They blew out the University of Buffalo 8-0 the night before they blasted the Knights 8-3. Six goals were netted in the second period of Niagara's at home game.

For Niagara it was a moment of despair. "We're not panicking, we're a little bit nervous," Coach Bassi said. "They've got a good team. We've just got to work a lot more together. You can't give up six goals in a period and expect to be in it."

Down two games they were not out. Veteran right-winger Dave Mooradian said he realized the onus was his, and the other returning Knights', to create a winning team.

"James Ward, Dan Ruetz and myself, we've got to do a lot of work. It's up to guys like us to pull things together for the team."

This experienced frontline made the difference Friday. The score was tied at 1-1 deep into the second period. A Knights defender sent the puck down the ice. Mike Duerden got the puck. Lance Parcher moved to the left leaving a path wide open for James Ward to come off the left wing and down the centre slapping the puck in the back of the net. A quick break 28 seconds later and Dave Mooradian advanced the score 3-1. In the dying minutes of the game, Mooradian was back on the offence. A deft, almost effortless but well placed, shot closed the game at 8-3.

Coach Bassi was able to try-out some of the newly confident newcomers on Saturday night. Of 15 men played, nine were Knights rookies including Gerry Ellison who tended goal for the first time. "I was nervous. I wanted to show Fred what I can do. I wanted to shutout but...," Gerry said shrugging his shoulders. "I wanted one save. I knew it would calm my nerves. Period after period, I got my nerves built up," the goalie said.

RELAXED

The team relaxed a bit in the third period. Buffalo State took advantage of the inexperience to score two quick goals. The Niagara men returned, full of determination, and scored another two. The last goal came with 31 seconds left to play and made it 5-2 for Niagara.

"We're definitely back in the running. The guys are staying together and that's important to us," Coach Bassi said. He said he's not only happy with the way goalie Gerry played but the team's performance overall.

"Team efforts — that's the way to play it. If you don't play it (the game) that way then you'll have problems," he said.

The Knights met Conestoga at Kitchener Wednesday evening.

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Sports

Knights volley to double victory

The Niagara College Knights volleyball team won two of three matches last weekend at Redeemer College. The team played a poor game against their first opponents, Algonquin College. "We virtually handed over the games to Algonquin," Ray Sarkis, Knights coach, said.

Niagara played with a better attitude and greater intensity during its next two matches against Sir Sanford Fleming College and St. Lawrence College.

The team faced Brock University in an exhibition match Nov. 15. "The team was up for the match Thursday night against Brock, but failed to carry that attitude and intensity over to the weekend," Coach Sarkis said.

Niagara lost its first match to Algonquin in two straight games. Coach Sarkis said the team lacked consistent passing and blocking. "The team did not play well. We didn't attack enough at the net."

Looking like a totally different team, Niagara beat Sir Sanford Fleming in two games. Twenty of the 30 points scored by Niagara came from the spikes.

Niagara dominated the last match against St. Lawrence College, one of the toughest teams in Division Two. The Knights defence frustrated St.Lawrence as it saved 80 per cent of the tips and spikes made by the opposition.

"The team was mentally prepared for this game. We forced St. Lawrence to make mistakes," Coach Sarkis said. "It was a total team effort to win the matches against St. Lawrence and Sir Sanford Fleming."

Shane Holland was one of the outstanding players for the Knights as he played hurt and blocked four spikes. Outstanding offensive players were Mark Lindsay and Vahid Amini. Defensively, Amini was outstanding as he blocked eight spikes. Other defensive greats were Sylvain Heroux, Steve Watton and Mark Lindsay.

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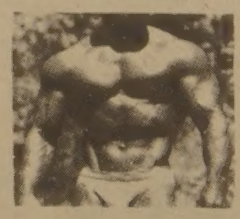

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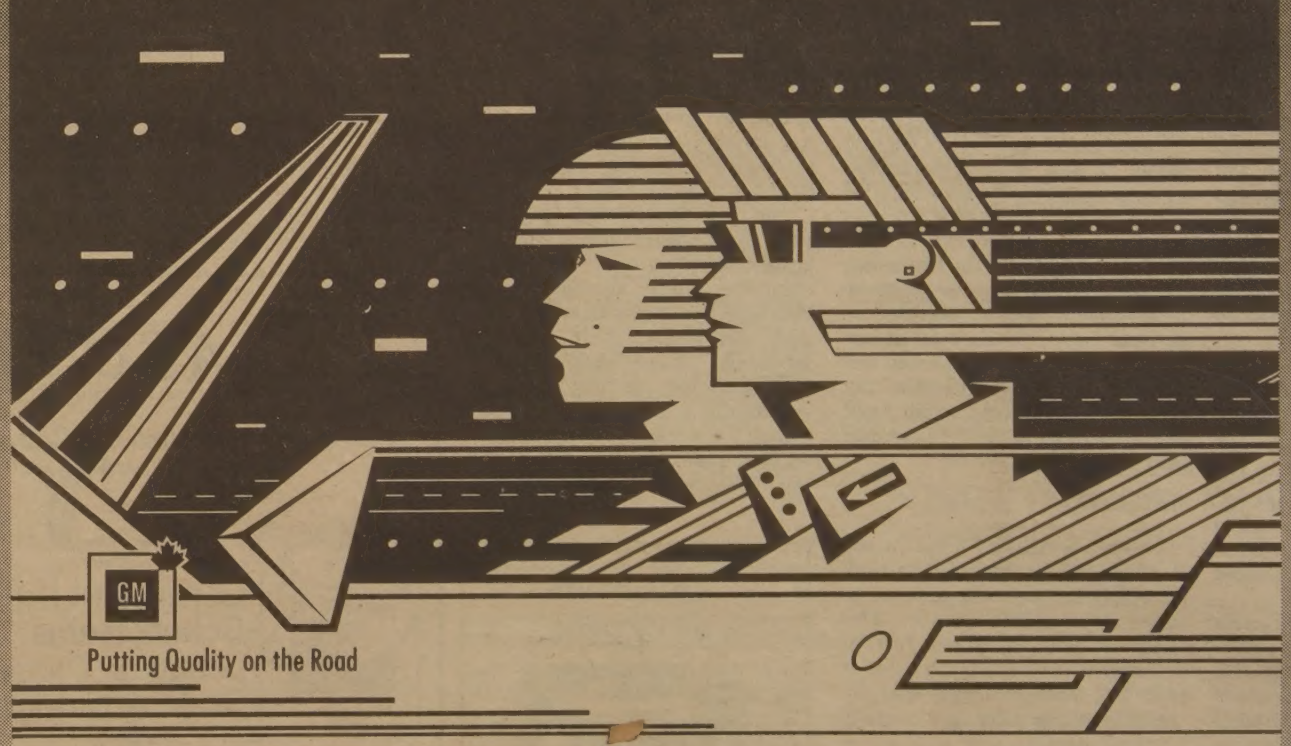

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